

**City of Long Beach Department of Parks, Recreation & Marine**  
**Community Recreation Services**



# Cesar Chavez Senior Programs

## September 2017

The staff at Cesar Chavez Senior Center is committed to maintaining a safe productive environment for people 50 years of age and older participating in senior programming.

**Program Hours: Mon. - Fri. 9:00 am - 2:00 pm**

### SPECIAL PROGRAMS

#### Here We Grow - Garden Club

Tuesday & Fridays @ 11:00 am

We are starting our Spring Garden.

Come help us plant!

#### Senior Meals Program

Monday through Friday from 12:00 pm  
to 1:00 pm

(suggested donation \$1.00)

#### Jewelry Making

Come and learn basics of jewelry making  
every other Thursday at 11:00 am



Mon	Tue	Wed	Thu	Fri
				1 Move and Groove 9:45- 11:00 a.m. Bingo 1:00 p.m.
4 Closed Happy Labor Day	5 Garden Club 11 a.m. Arts& Crafts 12:30 p.m.	6 Move and Groove 9:45 a.m.- 11:00 a.m. Paint With Us 1:00p.m.-2:00p.m.	7 Weight Training 9:00-10:30 a.m. Jewelry Making 1:00 p.m.	8 Move and Groove 9:45- 11:00 a.m. Pool Tournament 10:00 a.m.
11 Mandela Coloring 10 a.m. Hooked Crochet Club 11:00 a.m.	15 Garden Club 11 a.m. Arts& Crafts 12:30 p.m.	16 Move and Groove Paint With Us 1:00p.m.-2:00p.m.	17 Weight Training 9:00-10:30 a.m. Karaoke	18 Move and Groove 9:45- 11:00 a.m. Bingo 1:00 p.m.
18 Word Search 10:00 a.m. Hooked Crochet Club 11:00 a.m.	19 Garden Club 11 a.m. Arts& Crafts 12:30 p.m.	20 Move and Groove 9:45 a.m.- 11:00 a.m. Paint With Us 1:00p.m.-2:00p.m.	21 Weight Training 9:00-10:30 a.m. Jewelry Making 1:00 p.m.	22 Move and Groove 9:45- 11:00 a.m. Bingo 1:00 p.m.
25 Card Games 10:00 a.m. Hooked Crochet Club 11:00 a.m.	26 Garden Club 11 a.m. Arts& Crafts 12:30 p.m.	27 Move and Groove 9:45 a.m.- 11:00 a.m. Paint With Us 1:00p.m.-2:00p.m.	28 Weight Training 9:00-10:30 a.m. Karaoke	29 Move and Groove 9:45- 11:00 a.m. Bingo 1:00 p.m.

**401 Golden Avenue Long Beach, CA 90802**

**(562) 570-8890**